

10.29.20 ~ Transcript by Sam Mast

ARDAANA

message

I wish tonight to deliver a message for you. This coming 40 days are going to be challenging for all of you, I am asking you not to lose focus and positivity, regarding your future. All is well even if confusion is being spread. All is well, all is well and you have to believe this. The confusion will be spread from many sources, many origins because those who spread this confusion are those who are in fear. Fear has changed side, fear dwells now in the shade, in the lower level of existence on your world, but fear is dissolving as the shadow retrieves and withdraws.

Tonight my message for you all is to trust in yourselves, trust in us, trust that the future is open and luminous. Tonight I will tell you not to let confusion get to you. Confusion is being spread, confusion will be the most overwhelming thing in the days to come, do not listen to it, it is an illusion. I just wanted to assert this concept of safety, confidence in your power, because every time you doubt you lower your frequency, and lowering your frequency is putting you in danger and is altering the course of your evolution. You need to fight, and the fight is within you, the fight within you is to lead to your elevation, let fear and confusion out of your energy field, out of your consciousness. You know, your mind has a field as well, a space around like a sphere around your head, if you manage to keep all disturbances at bay away from this field you will be secure.

So this is my message on these words: be strong centred and still in your heart. You have one focus: keep your elevation, keep your vibration, everything, your frequency, the highest as you can, and we will see you soon.